



## Lower Body Mobility And Stability: Squat Jumps

### Equipment:

N/A

### Set-up:

N/A

### Description:

Students will develop lower body strength and explosiveness through the exercise. The squat should see the student get the hips to parallel prior to pushing up into a jump.

### Instructions:

The students are asked to find a space in the allocated area to begin the squat jumps. All students in the group will perform the activity at the same time and will squat down with arms close to the chest followed by jumping up tall out of the squat with arms extended. The students will call out the number of squat jumps they have completed after each one. The coach will be checking form of each student throughout activity looking for hips to be parallel with knees and a good jump out of the squat each time.

### Scoring:

Students that can complete 20+ squat jumps correctly will score a 3. 12-19 squat jumps correctly performed will score a 4. Less than 12 squat jumps will be scored a 5.

